



Birmingham LGBT

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Sexual Health Services for LGBT People

Here to support you - not to judge you!

Our free and confidential services include:

- One-to-one support with friendly and professional LGBT-aware staff
- Specialist services and staff available to support Trans people, Lesbian and Bisexual Women, Black African, African Caribbean, South Asian and Middle Eastern Men who have sex with men
- Weekly walk-in nurse-led sexual health clinic (Thursdays 12.00-19.15 with last walk-in slot at 18.30)
- Free condoms, lube, dams and gloves
- Free HIV and STI testing
- Peer mentoring support
- Support around domestic and sexual abuse
- Referral to counselling and peer support

Contact the Sexual Health Team at the Birmingham LGBT Centre:

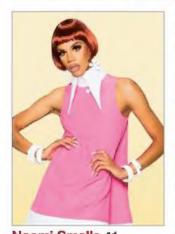
- birminghamlgbt.org.uk
- sexualhealth@blgbt.org
- 0121 643 0821

- umbrellahealth.co.uk
- 0121 237 5700

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10 LGBT MOMENTS FROM

So the Olympics are over for another four years, but what a fantastic time Team GB had in Rio, amassing an impressive 67 medals in total - the most Great Britain has won in over 100 years. They even managed to finish second in the medal table, behind the United States but above global powerhouse China, beating them by just one gold medal.

Here, we take a look at 10 LGBT moments from last month's games in Brazil - from the good, right down to the bad...

TOM DALEY & DANIEL GOODFELLOW win

diving bronze

Team GB diving duo Tom Daley and Daniel Goodfellow won a bronze medal in the men's 10-metre synchronised diving event, deapite some flerce competition.

China's Chen Aisen and Lin Yue won gold, whilst the USA's David Boudia and Steele Johnson took silver.

Posting on Facebook, Tom Daley said "I can't believe it!" whilst also telling his diving partner how proud he was of him.

The duo were watched in the stands by Daley's mother, Debbie, and his fiance, Oscar-winning screenwriter Dustin Lance Black.

Sadly, Tom didn't do as well in his individual 10-metre competition, coming last in the final after beating his personal best in the semi-final.



KATE & HELEN RICHARDSON-WALSH make Olympic history



Kate and Helen Richardson-Walsh made sporting history last month when they became the first same-sex couple to (a)compete in the Olympics and (b)win gold!

The pair were part of the Great Britain field hockey team, who claimed top spot by defeating the Netherlands 2-0 in the final.

The couple got married three years ago after being teammates for almost 20 years. A big well done to both of them!

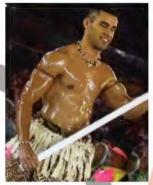


NICOLA ADAMS retains flyweight boxing crown

Bisexual flyweight boxer Nicola Adams retained her Olympic crown in Rio by winning gold (defeating France's Sarah Ourahmoune).

She's the first British boxer in 92 years to achieve the feat, making her the most accomplished amateur boxer in Great Britain!

THIS YEAR'S OLYMPICS!



TONGA TOTTY!

Tonga flag bearer and professional Taekwondo athlete Pita Taufatofua's oiled-up body sent social media crazy during the opening ceremony!

The 32-year-old was the head of his country's procession and wore just a necklace and traditional ceremonial dress. Oh, and lots and lots of oill



"HE SAID YES!"

Team GB race walker Tom Bosworth got down on one knee to propose to his boyfriend Harry - who repiled with a yes, of course!

Tom finished sixth in his event, which saw him complete a 20km race walk. Congratulations, guys!



TEAM LGBT WIN!

An amazing 35% of all out LGBT athletes won medals during the Rio Olympics - more than at London 2012.

Out of a record-breaking 53 openly LGBT athletes, 19 won a medal - five golds, six silver and three bronze.

If Team LGBT were on the medal table, they'd be 17th overall!



"SHE SAID YES!"

Tom Bosworth wasn't the only one to propose at the Rio Olympics!

Marjorie Enya, who works at Rio's Deodoro Stadium, chose to propose to Brazilian rugby player isabella Cerullo following her rugby 7s team winning gold.

So emosh!



ANTI-GAY ABUSE

Athletes at the Olympics who are openly gay were reportedly targeted with homophobic abuse from the crowd.

Megan Rapinoe, from the US women's football team, reported that she heard 'bicha' being chanted from the crowd, which is a Portuguese word similar in meaning to the English 'faggot'.



OUTING ATHLETES

Straight Daily Beast reporter Nico Hines set up a Grindr profile to track down gay athletes for an article in which he then published their nationalities and their sport making them easily identifiable.

The Daily Beast later pulled the article and issued an apology after many complaints.



BARE BUM FOR NICO

Tonga's openty gay Olympian, Amini Fonua, responded to Nico Hines' Dally Beast article by bearing his bum for all to see on Instagram.

He said: "if what you were looking for on Grindr was hot ass, here, you have mine in all its proud glory. Now, kiss it and f*** off." Well done, Aminii We love you!

Medal Table

	Gold	Silver	Bronze	Total
01 United States 🖺	₫ 46	37	38	121
02 Great Britain 🚆	§ 27	23	17	67
03 China	26	18	26	70
04 Russia 🖿	19	18	19	56
05 Germany	17	10	15	42

STEVE NALLON

The gay actor talks to Zone about playing Margaret Thatcher in Jonathan Maitland's story of loyalty, love, political morality and Britishness...



On 13 November 1990, Geoffrey Howe delivered the fatal blow to Margaret Thatcher's premiership with a devastating resignation speech that sent shockwaves through parliament. His attack was uncharacteristic and almost entirely unexpected; such was Howe's reputation for quietness and docility that his Labour opponent Denis Healey once likened criticism from him to "being savaged by a dead sheep".

So Dead Sheep became the title of Jonathan Maitland's first play, inspired by the turbulent relationship between the Iron Lady and this 'mouse that roared'. Arriving at the Birmingham REP this month and then visiting the Coventry Belgrade in October, the production stars James Wilby as Geoffrey Howe, alongside Spitting Image's Steve Nallon as Thatcher.

"I remember watching Howe's speech at the time and just thinking, 'She's toast!" Nallon recalls. "One of the great dramatic points is that there's a rule that you can't be heckled when you're making a resignation speech from the government. So here was an ideal opportunity for this very quiet man to say exactly what he wanted, and he stabbed her, and you can see it on her face. We do most of the speech in the play, and when we do that scene, it's electric! It puts the audience right in the House of Commons."

Well before Howe's final decision to leave the Cabinet, tensions had been growing between him and Thatcher. Having previously served as both Chancellor of the Exchequer and Foreign Secretary, he regarded the offer of Home Secretary in the Prime Minister's 1989 cabinet reshuffle as a demotion - a punishment for disagreeing with her on key foreign policy decisions. He turned down the position, instead becoming Deputy Prime Minister and Leader of the House of Commons.

"She was much crueller than I thought," says Nallon of Thatcher. "When she moved Geoffrey out of the Foreign Office, she basically fired him, and took away his home, because when you're Foreign Secretary you get a grace-and-favour country house. Apparently, the way she took it away from him was quite spiteful. I think what the play makes clear is that Prime Ministers are very, very powerful. They're the ones that appoint and shape the government, and we're seeing it again at the moment with Theresa May."

Of course, as it turned out, far from chastening him, Thatcher's snub pushed Howe to kick back with a response that would ultimately be her own undoing. Among Howe's main motives for resigning was the Prime Minister's undermining of EMU (Economic and Monetary Union of the European Union) policies proposed by the Chancellor and the Governor of the Bank of England.

"It's rather like sending your opening batsmen to the crease," Howe said of her interference, "only for them to find, as the first balls are being bowled, that their bats have been broken before the game by the team captain."

At the time, disputes over what the extent and nature of Britain's involvement in Europe ought to be caused massive rifts within the party which continue to this day: the conversations that finally brought about a referendum on Britain's EU membership in 2016 actually began decades earlier.

"I'm 55 now and I've been aware of the arguments about Europe since I was a kid," says Nalion. "Britain first tried to join the common market, as it was then, back in the 1960s. Had the referendum vote been to remain, I think that would have been it - Dead Sheep would have become a museum piece. But with the prospect of Brexit, the play feels very contemporary, and the philosophical arguments about Britain's place in Europe and the world just buzz with excitement."

Nevertheless, the way Jonathan Maitland's play tells it, the Europe question was only part of the wider story of Howe's clashes with his party leader: a much longer-running conflict of loyalty also helped to spur him on to his momentous decision.

"It became very clear that Geoffrey Howe's wife and Margaret Thatcher really hated each other," Nallon explains. "Howe was obviously loyal to his wife, but he also had great loyalty to Thatcher, so he was torn between the two of them, and that became the basis of the play. When I spoke to Jonathan Maitland about who had influenced him as a writer, he mentioned Terence Rattigan, who wrote plays that were very talky and also very human, often on big themes like loyalty. I think you can see that influence in Dead Sheep."

Though physically portraying Thatcher for the first time in this play, Nallon is certainly no stranger to capturing the way she sounds. Having made his name on Spitting Image providing voices for multiple personalities including hers, he's since lent his talents in vocal impersonation to various films and TV shows, often without a credit.

"Bizarrely, recordings of Mrs Thatcher are quite difficult to clear for copyright reasons. It's hard to get clearance to use recordings of her speeches in parliament or even clips from the BBC, so more than once I've gone into a studio and done the voice for films and so on, because it's so much easier and



cheaper for them."

Far from making him an obvious choice for the role, however, his experience as an impressionist has been a source of scepticism for some, often hindering his ability to find 'serious' acting work.

"I don't think anybody wanted me to do this play. It was my friend Alistair McGowan who suggested to the writer that they get me in for a reading, Alistair and I have both suffered over the years because directors and casting people will say that they don't want an impressionist, they want an actor, whereas we share the opinion that the two things aren't mutually exclusive."

Then, of course, there's the fact that he's a man who'll be cross-dressing for the part, which might lead some to be concerned that his casting could undermine the more serious elements of the story. They needn't worry, however: there's a world of difference between Dead Sheep and shows like Margaret Thatcher: Queen Of Soho.

"To be honest, I don't really like the word 'drag". I can see why journalists and reviewers have described it that way, but I think it's misleading. There's nothing wrong with drag, but what drag artists do is constantly remind you of the fact that they're a man dressed up as a woman. They'll usually be wearing an outrageous outfit and exaggerated make-up to draw attention to the artificial nature of what they're doing, whereas I simply regard the outfit as a costume like

any other. In fact, a lot of the people who came to see the show didn't even know it was a man doing it!"

From Handbagged to The Iron Lady, Dead Sheep is far from the first production on stage or screen to place Britain's first female and perhaps most divisive Prime Minister centre stage. Just what is it about Thatcher and her government that has captured the imaginations of so many writers?

"I think it's partly just the fact that it's now history, but of course, there are some great stories from that period, and she's a great character. I should add that the play is also very funny. My favourite scene is actually one where I don't even speak. Thatcher was known for not having a sense of humour, and there's a wonderful moment where someone tells her a joke, and all she does is stare at the man with incredulity. Every single night, that's what gets the biggest laugh from the audience."

Dead Sheep shows at Birmingham REP from 26 September until 3 October and at the Belgrade Theatre, Coventry, from 19 to 22 October.



Tom Hayes

HIV Campaigner Editor of beyondpositive.org

Born: Birmingham Star sign: Libra

Age: 30

"I used to sneak out of my bedroom window and get the bus into Birmingham. Route Two was my home!"

"I used to | About Tom

Where did you grow up?

I grew up in a small village outside Redditch called Astwood Bank, It was a nice, quiet village which I love visiting now - but there wasn't much to do!

Single or attached?

Single.

What makes you happy?

I'm fairly easy to keep happy. As long as I'm feeding my gin, sushi and underwear addictions, I'm usually smilling. That said, they're not cheap!

What makes you sad?

Exercise. I mean, yeah, we all need to do it, but does it have to be so hard? Apart from that, it's seeing people worse off than me and feeling unable to do anything about it - the internet is awful for that sometimes.

What makes you angry?

Ignorance. There seems to be a lot of it about at the moment, be it aimed towards migrants, refugees, gay people, people living with HIV. Why can't we all just get along?

If you could change one thing about yourself, what would it be?

My fear of missing out, it's crippling sometimes, Maybe I'm just a people person...

What's been the most embarrassing thing you've done in your life?

I was at the United Nations, handing out documents ahead of a talk I was giving. Hundreds of people in the room. Someone tweeted the big screen and said that they could all see my jockstrap above my trousers. Mortified.

Would you consider getting married?

I've been there, done that, got the divorce t-shirt, Single again now and in no rush to do it again. Not any time soon anyway.

Coming Out

When did you first know you were gay?

Probably around the age of 10 or 11, I knew I was different. I had no interest in playing 'kiss chase' with the girls, but I did prefer spending time with them over the boys - they just got me.

When did you come out?

I came out at 13. A somewhat angsty teenager affair. I didn't think my parents would understand, so I stormed off, went for a walk late at night and ended up getting lost. I ended up calling my parents from a phonebox (how retro) to come find me and blurted it out. They weren't as surprised as I'd expected...

What was school like for you as a gay teenager?

Most people were cool with me being gay actually, which surprised 13-year-old me back in 1998. There were a couple of bullies who tried to make my life difficult, but after I beat one of them in a fight, they left me alone. That detention was totally worth it.

Who was the first person you told you were gay, and what was their reaction?

I think the first person I ever told was my friend Nicola. She pretended to be my girlfriend for the few months between me telling her and actually coming out, She was so cool with it.

What would you say to a youngster trying to come to terms with their own sexuality?

Everyone comes to terms with

their own sexuality at their own pace. I came out at 13. I know friends who came out at 30 and some who still haven't. There's no rush, but when you're ready, make sure you have the support of your friends.

Have you ever had any experiences with the opposite sex?

I played 'pass the ice cube' at a party once. It involved kissing a girl. I wasn't won over.

Your Career

What do you do for a living?

I work in HIV and Sexual Health, i'm the editor of beyondpositive, a magazine for people living with HIV, and a Trustee of Saving Lives, a Birmingham-based HIVtesting charity.

How did you start working in the field?

I was diagnosed HiV positive in August 2011, and I took the opportunity to re-evaluate my life. I decided I wanted to do something that mattered and helped people.

What are you most proud of to date?

I think having started from nothing, an individual writing an anonymous blog, to now working at an international level - addressing people like the United Nations, European Parliament and the Houses of Parliament. It's taken blood, sweat and a lot of tears, but I proved it could be doile.

What challenges do you face working in HIV?

My work is intrinsically linked to my personal life. That's how I started, and I draw on my past and my experiences all the time. Sometimes it can be hard to switch off, and I find myself doing work at all hours of the day and night when inspiration hits me.

What's been the biggest change in HIV recently?

Undetectability. If a person with HiV, like me, takes their treatment every day, it controls the virus to a point we call 'undetectable'. A huge study has recently shown us that undetectable people cannot pass on the virus at all. Unde-

tectable equals uninfectious, it's huge.

What one thing can everyone do to help stop HIV?

Get tested. You can go to a clinic, or you can do it at home for free. Just do it. There's no such thing as a bad result. It it's negative, you can continue looking after yourself, and if it's positive, you can get the help and treatment you need. You can get a free home HIV testing kit from TakeATestUK.com using promo code CF0716.

Gay Scene

How long have you been frequenting the Midlands gay scene?

I've actually been on the scene since I was 14. I used to sneak out of my bedroom window and get the bus into Birmingham.

Route Two was my home! Oh, and Angels between its many and various fires.

What's been your fondest memory of the scene?

I went out on New Year's Eve 2001 when I'd just turned 16, ended up in Route Two and pulled for the first time in a gay bar. Doing the walk of shame on New Year's Day with no public transport was less than ideal, though!

Who's your favourite cabaret act on the scene?

It's got to be La Voix. She's such a classy act, and her impersonations are dead on. She does a lot of work with community groups too, which always gets my vote.

Who's your favourite person on the scene?

That's such a hard one, Can I say the entire Eden Bar staff? They're all such lovely people.

What do you most enjoy about the gay scene?

The ability for us to be free, to be who we want and dress how we want. I went out the other day in a ridiculous semi-fetish outfit and no-one batted an eyelid. You could get away with that on Broad Street.

What have you noticed about



the way the scene has changed over the years?

I think the scene has definitely got quieter over the years, in part because most bars are now generally safe for LGBTQI people, and also due to the advent of hook-up apps. But at the same time, I think the venues' offer has got better to compete.

How would you change the gay scene?

I think Birmingham is really missing a dedicated cheesy pop bar. Non-stop pop and a music video wall. It's cliché, I know, but hey!

Time Out

Where do you like to go on a night out?

I usually start at one of the cocktail bars around Colmore Row and then, via somewhere to get food, invariably end up at Eden (or sometimes Boltz!)

What do you do to relax?

I love to cook, Cooking really re-

laxes me. A glass of wine in hand, stirring a risotto or something. That or stargazing. I love the night sky. That's my zen.

What do you enjoy on telly?

My TV watching is either mindless comedy (think Kimmy Schmidt) or documentaries. Something to make you think, and then something to take your mind off it.

What was the last album or track you bought?

Communion by Years And Years.

Which one website do you spend the most time on?

Twitter, I'm bloody addicted.

@PositiveLad by the way.

Which type of holiday do you prefer?

I love cruises. People have a really outdated idea that they're for old people, but the ones I go on have surf simulators, sky diving, ice skating, rock climbing, scuba. They're a great way to experience different cities or countries whilst being spoilt rotten.

Quickfire

Who's your favourite actor?

Chris Pratt. Entirely for his acting ability. Entirely, Yes.

What's your favourite book?

Ready Player One by Ernest Cline.

Half empty or half full?

Keep pouring until it's full, then it doesn't matter.

What's your favourite food?

Sushi.

And how about your favourite drink?

Gin Martini.

Madonna or Lady Gaga?

Madonna, all the way.

If you could take a selfle with one person, alive or dead, who would it be?

Did I mention Chris Pratt?

Broken bones for Birmingham schoolboy after homophobic attack



A Birmingham schoolboy has suffered broken ribs and a fractured arm in a suspected homophobic attack.

Fifteen-year-old Jamie Watson was assaulted by three youths in the Ward End area of the city, reports the Birmingham Mail. The attack took place at around 3.30pm on 22 July.

Jamie, who has recently come out as bisexual, says that his attackers had previously made homophobic comments to him. Speaking to the Birmingham Mail, the schoolboy said: "It was absolutely terrifying and I feared for my life. There were three of them in total and they all wore masks. It was a terrifying experience and I staggered home covered in blood."

Anyone who has any information connected to the assault is urged to call West Midlands Police on 101 or Crimestoppers on 0800 555111.

Coventry selected as 2017 LGBT History Festival Hub

The city of Coventry has been selected as a hub for next year's National Festival of LGBT History.

The festival, which returns for its third year in February, will be marking the 50th anniversary of the partial decriminalisation of homosexuality in England and Wales. As a result, the theme of the event will be 'Law, Citizenship and PSHE'.

The festival is organised by Schools OUT UK, an organisation that works hard to make LGBT people in all their diversity visible and safe in schools and education.

The Coventry hub of the festival takes place on Saturday 4 February. For more information, visit the LGBT History Month website,

New TV show in search for transgender contributors

TV production company RDF Television is looking for people to contribute to a new series.

The series will tell the story of a number of transgender individuals as they transition over a period of two to three years.

The 'sensitive and dignified' series will allow contributors to tell their stories in their own words.

RDF Television would like to speak to people who are in the early stages of transition, living in the UK and over the age of 16.

Anyone contacting RDF Television is not committing themselves to anything and all information will remain confidential.

If you're interested in taking part, contact Jess, Becky or Emily by emailing trans@rdftelevision.com, or by calling 020 7013 4180 or 07788 394 781.

Gay theatrical performance for Black History Month heading to Shrewsbury

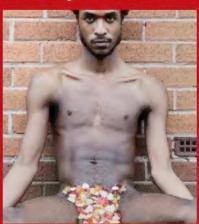
A powerful solo performance drama is being staged at The Hive, Shrewsbury, on Friday 30 September at 8pm. FADoubleGOT is written and performed by Jamal Gerald. Inspired by a black gay experience, it's an autobiographical work

which focuses on the ups and downs of pride and self-loathing.
The production is being staged by FRESh (Fairness, Respect, Equality Shropshire) to mark Black History Month, Support comes from Shropshire Rainbow Film Festival and

Through storytelling, spoken word and live art, Jamal explains how he learned to celebrate his individuality by embracing the slurs that were thrown his way, and how he learned to wear labels without shame. "Sometimes one word can bring back both good and bad memories," he says. "I believe that no one should feel pain over a word, like I have in the past. I'm going to show you how I took that pain and did something positive with it."

Tickets cost £7/£4 concs and can be purchased from The Hive on 01743 234970 or via www.hiveonline.org.uk

The show contains strong language and references to sex and drug use, and is suitable for audience members aged 16 and older.



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LGBT Shrewsbury

L Fest organisers seek event feedback



Organisers of LiFest, the UK's biggest and best lesbian festival, are asking for 2016's event attendees to provide them with feedback and award nominations

The feedback provided will be used by the L Fest team to help deliver a bigger and better festival than ever before. Meanwhile, the organisers are asking for award nominations to honour the musicians, comedians, workshop provider and everyone eise involved in this year's hugely successful event. The awards will be announced at L Festive and the L Fest Awards, which are yet to be announced

Each person that provides feedback and award nominations will be entered into a prize draw for an L Fest 2017 ticket

Visit Ifest.co uk for more information.

Birmingham LGBT announces LGBT adoption and fostering evening

Birmingham City Council and the charity Birmingham LGBT are this month hosting an informal information evening for any LGBT people who are thinking about adopting or fostering a child.

The evening will be attended by Claire Shepherd of Birmingham City Council's Adoption & Fostering Recruitment Team

Claire will present a talk about the adoption and fostering process and will also bust some myths about who's eligible to adopt.

There will also be an opportunity to hear about the experiences of local adopters and foster carers, to ask questions and have a chat with the experts

The evening is for anyone interested in finding out more about adoption and fostering in greater Birmingham.



adopt. However, as long as they're 21 or over, a UK resident and have no criminal convictions, they have the potential to become an adoptive parent

The event takes place at the Birmingham LGBT Centre on Wednesday 14 September, from 6.30pm.

Popular trans entertainer found dead in Derby public park

Popular trans entertainer Cheisea Attonley was found dead in a public park in Derby in the early hours of Friday 29 July.

Gay Star News reports that Attonley, who struggled with her gender identity and, at one point, wanted to switch back to her previous name of Matthew, was found in the city's Bass Recreation Ground

An ambulance was called to the park. where Attorney was antially reported to have been found unconscious, but emergency services later confirmed that she had died.

Cheisea was heavily involved with the trans community across the UK, hosting the stage of the UK's largest trans festival, Sparkle



in the hours prior to her death, she d been enjoying a night out with friends in Derby, celebrating her birthday at local gay venue The Crown Inn

Majority of sexual encounters unprotected, say 39% of gay men

According to a new survey by FS Magazine, 39% of gay men say the majority of the sex they have is unprotected.

The report questioned 1,500 gay and bisexual men about their sexual health and any concerns they

Stand-out statistics included the fact that 39% of gay men said they d had unprotected sex the majority of the time in the past year. Twenty-five percent said they had unprotected sex some of the time. whilst 35% said they didn't have any unprotected sex (or hadn't had sex) in the last year.

The report also revealed that 50% of HiV-negative gay men are womed about becoming positive, whilst up to 51% of gay men believe that current HIV campaigns don't appeal to them, although 60% say they've seen one

Commenting on the findings, Matthew Hodson, CEO of GMFA, said. "Condom use has slipped. back a little since the early days of HIV, partly because HIV is no longer a death sentence, and partly because we're not seeing the same investment in sexual health that we saw a decade ago.

"With resources deployed to promote condoms and sexual health, encourage testing, challenge stigma, ensure that ail gay men are well educated about HIV prevention and PrEP provided, we could end HIV within a generation."





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*Free postal HIV Tests to Birmingham postcodes

**Use voucher code CF0716 for FREE HIV TESTs for non-Birmingham postcodes (valid for a limited period)

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Heart of England





Birmingham LGBT Centre to open seven days a week

Birmingham LGBT Centre



Birmingham LGBT has announced that, from this month, some of its services will be accessible during extended weekday opening hours and at weekends.

The charity now provides specialist sexual health services specifically for the LGBT community. These are supported by Umbrella, Birmingham and Solihuli's integrated sexual health service. The move to seven-day opening is to allow people to access sexual health services more conveniently it will also open up the centre for other groups and activities for the LGBT community.

Matt Lopez, Sexual Health Services Manager at Birmingham LGBT, said: "it's really important to us that the LGBT community are able to access our services when it's most suitable for them, so from this month, access to our sexual health services will be available seven days a week, earlier in the

mornings, later in the evenings and at weekends too."

The new opening hours of Birmingham LGBT Centre, from Monday 5 September, are

Monday 8am – 8pm Tuesday 9am – 9pm Wednesday 9am – 9pm Thursday 9am – 9pm Fnday 8am – 8pm Saturday 10am – 8pm Sunday 10am – 8pm

Sexual health services on offer are

- confidential and non-judgmental information and advice.
- free HIV rapid testing
- free STI testing kits
- free condoms, dams, gioves and lube
- walk-in LGBT people's sexual health clinic every Thursday
- Clinic Trans Trans people's sexual health clinic every fourth Friday

For more information, contact the team on 0121 643 0821 or visit www.birminghamlgbt.org.uk.

Leicester gay and bi men sought for sexual health charity survey



Leicester sexual health charity Trade is on the lookout for gay and bisexual men to take part in a sexual health survey.

The aim of the study is to understand the sexual health of men who have sex with men (MSM). This will then inform the sexual health services offered by Trade Sexual Health

The study is being conducted by Professor Rusi Jaspal, Chair in Psychology & Sexual Health, and Penkis Papaioukas, Research Assistant in Sexual Health, both from Leicester's

De Montfort University. They are working together with Sal Khalifa and Makinder Chahal from Trade Sexual Health.

The study includes individuals of all ethnic backgrounds. The research will explore MSM's sexual dentity and behaviour, sexual risk behaviour, perceived sexual risk, mental wellbeing, alcoholiuse and recreational drug

You can take part in the survey by visiting bit.ly/2bGig0V

Birmingham's Rainbow Voices LGBT choir seeking new members

Birmingham LGBT choir Rainbow Voices is hoping to attract new members to take part in its autumn season, which kicks off this month with a free two-hour workshop.

The workshop will be led by the chord's musical director, Emma Wikinson-Clark.

Participants will be taken through a typical choir warm-up, after which they II learn a piece from Rainbow Voices' 2016/17 repertoirs

Anybody can join the choir. You don't need to be able to read music; just bring along yourself some water and maybe a couple of friends.

There's currently space in all sections of the choir, but particularly in the altos (lower female voice) and tenors (higher male voice)

If you re not sure which part to sing, heip will be at hand!
The New Members' Workshop takes piace at Trefoil House, Brownsea Drive, Blucher Street, Birmingham, on Saturday 10 September, from 10am till noon.

The choir's weekly rehearsals take piace at mac Birmingham every Tuesday night at 8pm starting on Tuesday 15 September, Visit rainbowvoices org.uk to find out more.



THE VIRAL ROUND UP

HERE'S WHAT WE'VE BEEN LOOKING AT ONLINE...





10 hot pictures of Team GB's Oympic Gold medalists JACK LAUGHER & CHRIS MEARS...



To celebrate their historic gold-medal win in the men's synchronised three-metres springboard final at the Rio Olympics, we've clawed together 10 hot pictures of Team GB s Jack Laugher and Chris Mears...

After all, it's not just Tom Da.ey who's rather pleasing on the eye when it comes to our record-breaking British Olympians

So sit back, relax and enjoy all things Jack and Chris by viewing them here: bit.ly/2aYwnsy





What would it have been like for **GAY CAVEMEN** thousands of years ago?





Evidence suggests that homosexuality existed back in ancient times - but how was it dealt with?

in this hilanous video, a group of 'cavemen' and 'cavewomen' deal with the challenge of increasing the population, with the leader trying to make some telling changes to the group's festyle

"When men are with men and women are with women - basically, when we do samesies," he informs them, "no people come out. So we can't do samesies for a while."

Watch it here, youtu.be/sgfQ9o2-9BM



Sun and fun for annual SHREWSBURY PINK PICNIC

The annual Shrewsbury Pink Picnic returned to the town's Quarry Park last month.

Mother Nature was out to party too, with the sun beating down on the town's LGBT community for the duration of the afternoon get-together

The once-yearly picnic always proves a popular attraction, with many folks this year staying far longer than they'd anticipated they would

For more information about LGBT events in Shrewsbury, visit

lgbtshrewsbury.co.uk.









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Celts Narborough Road Sauna Clinic:

Day Fuesdays

Тіте Эрт брт

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City Celts Sauna Clinic:

Day: Wednesdays

Time 3pm - 5pm

Place 33 New Bond Street, Leicester, LE1 4RQ



Day: Thursdays Time: 3pm - 6pm

Place 61 Bedford Street Leicester LE1 3UR



You can also check out Trade Sexual Health

www.tradesexualhealth.com

ellostisme mainement enim.

www.leicestersexualhealth.nhs.uk

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Rain doesn't stop play at WARWICKSHIRE PRIDE

Despite not being blessed with the best weather throughout the day, last month's Warwickshire Pride was a resounding success. Hosted in the beautiful setting of the Pump Room Gardens in Learnington Spa, the event saw a number of acts take to the stage, including The Voice stars Vangelis Polydorou and Jordan Grav

There was also plenty for the LGBT community to see and do, with family-friendly activities, information stalls and more...

We're looking forward to next year's event already - let's just hope the sun comes out to play a bit more in 2017! Photos by Kerry Goodman and Samathy Barratt for Gay Phole Bloss





ANGIE BROWN LISA LASHES KELLY WILDE KELLY FANNY BURNS VANGELIS ROBBIE LEWIS NICKI FRENCH I NIKK MAGER THE VISION BENJAMINBNG GIORGIA ROBSON

- AREAS INCLUDE -MAIN STAGE DANCE TENT MARKET STALLS FOOD & DRINK

PLUS CITY CENTRE PARADE FROM 12PM AT THE CURVE

Birmingham's **PINK PICNIC** returns for late-summer fun

Sunday 11 September King's Heath Park, Birmingham

blgbt.org

With the nights drawing in and Halloween, Bonfire Night and Christmas suddenly seeming disconcertingly close, Birmingham LGBT's Pink Picnic on Sunday 11 September (starting at 1pm) is the perfect way to say a fun-filled farewell to the summer.

Back by popular demand for 2016, the annual event provides participants with an opportunity to relax and have fun in King's Heath Park. The picnic (you bring your own, by the way) offers a great chance to catch up with old friends, meet new people, get some fresh air and generally relax in green and leafy surroundings.

The event is free to attend and open to people of all ages - so round up your friends and family and join in

And if you'd like to combine enjoying a delicious picnic with doing something a little more active, you're in luck - the afternoon also features pienty of games and activities to enjoy, courtesy of Birmingham LGBT's popular fitness programme, Activate



















THE FRESHERS' WEEK

Midlands Zone's
handy 15-step
guide to an
enjoyable
Freshers' Week
- and beyond...

The new university term is pretty much upon us, so the thought of Freshers' Week - known for its wild parties and sexual experimentation - will undoubtedly be causing the new intake of students a few anxious moments.

Well, fear not, because we've put together a comprehensive survival guide to get you through your first few weeks. Just try not to get too drunk during Freshers' Week, or you might not be in the best state for when you actually start uni!

Settling in

During your first week at university, it's going to be a mad rush. Get there early and give yourself a chance to settle in to your new accommodation.

Meeting new people

If you're staying in halis, why not leave your door open and play some music. This will make you more inviting to other people, and it's a great way to make new friends. Think of all those new Twitter followers you'll be getting!

possible - whether it's a party down the hall or something connected to your course. Better still, why not throw a party yourself? You never know who you'll meet!

Schedule your time
Most universities publish Freshers

Week schedules on their websites, if you find out what's happening in advance, it'll give you a heads-up about partying the night away!

LGBT societies

Why not pop along and introduce yourself at your university's LGBT society? They're a great resource. Why not see if they have a Twitter account you could follow to keep up with the latest happenings?

Go out and party!

Freshers' Week has a senous party reputation, so go out and enjoy yourself with some new friends. You may come back with even more new friends, and university won't seem so daunting then! Just remember to get your instagram game face on - you might not remember the night before!



SURVIVAL GUIDE...

Budget your money Going to university may be the first

time you've left home. Budgeting your money is very important - you'll have food to think about, and eating out gets expensive. Whist going out seems like the best idea most of the time, you il eventually start eating into money you need for other things. Unless, of course, your parents can bail you out!

Get the essentials

If you've got roommates, club together with them on essentials to line your cupboards. That way, if you do run out of money, at least you il have the basics there to sustain yourself.

Grab an NUS card

You've probably already got your NUS Card, which entitles you to student discounts at a variety of retailers. If you haven't, what re you waiting for? It is cheap and will pay for itself in a very short space of time

Utilise offers at bars

Use local discounts to save cash. Most bars, clubs and shops will be trying to get into that student loan of yours. They if have vouchers for entry dears and drinks, so grab lots of them - the promo staff need to get nd of them. Many bars and clubs have like and share their posts on Facebook, Twitter or instagram

Head down the SU

Your Student Union is a central hub and is there to provide you with essential services. It goes without saying that some are better than others and have a better range of

Remember: SAFE

Sex is deemed to be a big part of unilife. Without sounding like your mother, stay safe by always using protection. Free condoms will be available from your Student Union, and most gay venues give away free condoms and lube too.

Have friends over Staying in during Freshers Week?

You're joking, right? It's actually a great idea. It can be a good way to bond with your house/flatmates in a different setting invite your mates over for pizza, a few DVDs or anything that gets you involved and gets the banter flowing

Freshers fairs

Most universities will have a Freshers/Activities fair - great for FREE STUFF Companies might be on-site with free samples, special offers and discount vouchers

Societies will be in evidence too. Usually these fairs are a chance to check out all the societies on offer at your ani.

The morning after

The morning after the night before is never easy - especially when there's a 9am lecture to get to. Wash an aspirin and a glass of juice to boost energy levels and you're good to go. Better stal, drinking a pint of water before you go to bed will he p prevent dehydration as you sleep (or pass out, more





BIRMINGHAM LGBT welcome new students to the city...



With the new term at universities across the region about to begin, Midlands charity Birmingham LGBT is welcoming new and returning students to the city. Here, its Wellbeing Events Coordinator, Adam Carver, explains exactly how you can benefit from Birmingham LGBT.

Adam, over to you...

Birmingham LGBT is a registered charity based in the city centre that delivers services to LGBT people across Birmingham.

Our vision is a vibrant and diverse lesbian, gay, bisexual, and trans community in Birmingham, one in which individuals can real se their full potential and have equal access to everything the city has to offer

Welcome (or welcome back) to Birmingham! Firstly, let's begin with big congratulations to all the new students joining us for 2016 - you've made it here, which means you've worked really hard to get where you are. Now that's out of the way, the real fun begins (but don't worry, there's still plenty of hard work ahead of you - you're not off the hook yet by any stretch of the imagination).

Moving to university is a time of massive change, there's a whole raft of new freedoms, opportunities and experiences coming your way (and a whole load of cooking and cleaning up for yourself). Take all the opportunities that come to you but remember to look after yourself - it's not always going to be easy, and that slokay (it's sort of the point)

For many people, university is a time to discover things – about the world, about other people and about themselves. It's a chance to meet people from different backgrounds, with different experiences and different perspectives

You're going to meet people you don't get along with or who don't get on with you, but

you're also going to meet people with whom you make lifelong connections.

For me, university was a chance to start over, to introduce myself to people how I wanted to be known, without the baggage of who I was (or who people thought I was). Because of this, I didn't have to come out, I just was out, and it was an enormous relief to make new relationships with people without the feeling that I was keeping something from them.

Many of you will already be out (either publicly or to yourselves), but there will be some who are still questioning or are yet to come out Wherever you are in your personal life is fine you shouldn't feel pressured to do anything you don't want to do.

The whoie 'coming out' scenario can be tough and at times seem fairly terrifying - so remember that there's support out there for you. Your university will have student-support services or a student LGBT society - but if that all seems too close for comfort, you can aways get in touch with Birmingham LGBT and access our one-on-one support and advice services.

Over the course of your studies it's likely that you'll experience all sorts of relationships, so if you ever need confidental advice, sexual health testing, or just need to stock up on condoms, dental dams and lube, pay us a visit or head to our website and we can post you self-sampling kits and/or condoms for free

Remember that whilst you've probably spent ages deciding what to study, you've also de-

cided to study here in 8irm righam, so make the most of the unique opportunities available in your city - it's a truly bustling place ready for you to explore!

Birmingham's Gay Village is a hot-spot for nightlife. There's something there to cater for every taste, so when you fancy breaking out from the students' union, head down to Hurst Street

If you're looking for something a little more relaxed, the city has a thriving queer arts scene (including our own SHOUT Festival of Queer Arts and Culture, happening this November), and we run a year-round programme of free events, classes, workshops, training and fitness activities.

You can keep up to date with everything that s happening at Birmingham LGBT waithe What's Happening section of our website, twitter (@BirminghamLGBT) or facebook (facebook.com/birminghamlgbt)

You're probably going to hear a lot of people say that your time at university is going to fly by it definitely will, but there will be other times when it feels like it's endless. Embrace all of it, enjoy the ride and learn from everything - test yourself, try something new, and if you need support, advice or are just looking to meet some new people, pay us a visit.

Best of luck, and we look forward to meeting you soon.



SCENE STYLE

This season's hottest tashion to make sure you look great on a night out





LEFT Andrew Christian Palm Tank

This sexy Palm Tank is flattering and fun. In sleek black with a contrast bright paim print mesh, each tank is bound to highlight all of your best features. In a classic scoop neck out, each piece comes with contrast trim in a soft stretch fabric.

£29.99

andrewchristian.com

TOP RIGHT River Island White Palm Tree Vest

Keep the summer vibe going with this cotton palm tree print vest. It's got a nice, relaxed fit with round neck. Pair it with a pair of skinny jeans and you're good to go!

£25.00

riverisland.com

BOTTOM LEFT Topman B&W Alomic Wash Tee

Go monochrome with this black-andwhite atomic wash t-shirt - paired with a pair of black jeans, you if have a stylish look for a night on the town.

£15.00

topmen.com

BOTTOM RIGHT Nasty Pig Hustle Mesh and Rubber Jersey

Football meets fetish in a completely elevated way. This exceptional style is made of custom alhietic mesh and perforated Nasty Pig rubber.

112

clonezone.co.uk

1st LEFT Red, Blue and White Panelled Long Sieeve Tee

Stand out from the growd with this red, white and blue long-sleeve t-shirt, featuring a cut and sew panelled design.

£15.00

topman.com

2nd LEFT Green Faux Fur Collar Aviator

Get ready for those cold autumn nights with this green aviator jacket featuring a faux fur collar

£75.00 riverisland.com

3rd LEFT Blue Denim Double Pocket Western Shirt

Pair this smart denim shirt with navy chinos and trainers to get that smart-but-casual look

£24.99

newlook.com

4th LEFT Light Wash Blue Ripped Skinny Jeans

These must-have jeans are mid-rise with skinny hips and skinny tapered legs. They're made from a stretch fabric and come in a light blue wash.

£40.00 topman.com

TOP RIGHT Orange Checked Shirt

This orange and black long-sieeve checked shirt will look great with a pair of black skinny jeans.

€25.00 riverisland.com

BOTTOM RIGHT Rust Double Pocket Harrington Jacket

Add a smart fireshing touch to your outfit with this rust-coloured Harrington.

€29.99 newlook.com





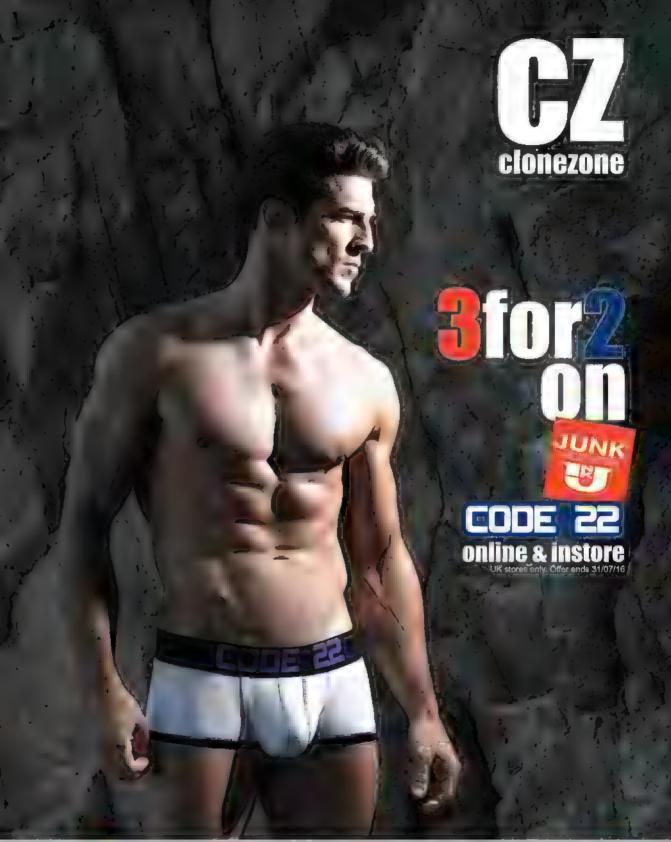










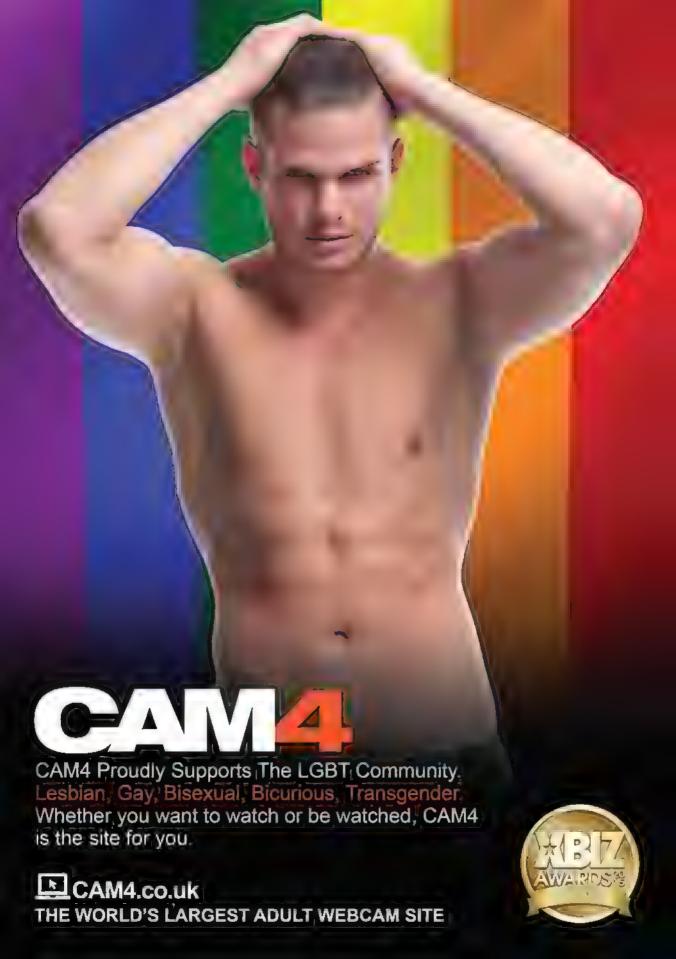




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TOP TECH

for home and on the go...



01 LucidSound LS30

The LS30 is an elegant and functional wireless gaming headset that provides simple, intuitive controls to adjust the most commonly used features, including game volume, game mute, chat volume and mic mute. It's the perfect headset for the person that's mad about online gaming!

ET2070 game.co.uk

02 All-new Amazon Kindle

Perfect for the bookworm, the all-new Amazon Kindle is thinner and lighter than its predecessor. It features a touchscreen display that reads like paper. You'll also be safe in the knowledge that the battery will last you for weeks, not hours - leaving you to escape into another world through literal.ine

From £59.99 amazon.co.uk

03 Elgato Avea Bulb

Transform your home with beautiful dynamic light moods and control the ambience from your phone, iPad or Apple Watch. You can turn any luminaire into the perfect mood lamp with the Avea Buib. Connect more than one Avea to coordinate lighting throughout your room.

£26.99 amazon.co.uk

04 Samsung Galaxy Note 7

The latest flagship smartphone to hit the market is the fantastic Galaxy Note 7. Featuring an impressive 5.7" Quad HD display, a 12MP DualPixel camera and an iris scanner there is not much this Android smartphone can't dol if you're in the market for a new phone, this is worth checking out.

From Free carphonewarehouse.com

05 LG PH150G Projector

If you're cooking to upgrade your home entertainment setup, then you might want to consider this little beast of a projector. Small and portable, with a 2-5-hour battery, this functional device will beam a bright and clear picture onto your wair up to 100 inches

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£199.99 boots.com

02 BaByliss for Men Super Crew Cut

This device is a revolution in home haircutting. The Super Crew Cut has an enhanced lithium ion power system for advanced cutting performance, and precision-engineered steel biades with a unique supersharp cutting angle for smooth, effortless cutting

From £89.99 amazon.co.uk

03 Panasonic ES-LV95 5 Blade Shoved

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04 Wahl Lithium Blitz Beard Trimmer.

The Wahl Blitz 3in1 Beard Trimmer with Lithium 2 0 technology is ideal for grooming beards or maintaining short or longer stubble.

289.99 boots.com

05 OraLB GENIUS 9000 Black Electric Toothbrush

Oral-B GENIUS electric toothbrush is the world's first brush with Position Detection technology - which means it sees where you ve brushed to guide you as it cleans.

£140.00 amazon.co.uk

That's Entertainment!

This month's hot DVD, music and book releases...



DVD BLUSH

Like all teenagers her age. Barash wants to hang out with her friends, drink alcohol, score some drugs and generally have a good time. She doesn't want to worry about her unravelling home life, with her parents' neverending arguments and a sister who's gone AWOL from the army again. Barash just wants to have some fun When new girl Dana arrives at school, brimming with a cocky demeanour and oh-so-cool attitude, Barash can't help falling in love for the first time. Presenting a lestilari coming-ofage story from a fresh perspective, Blush is essential viewing



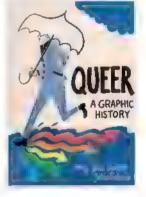
DVD LIEBMANN

Attempting to leave the ghosts of the past behind him, Antek Liebmann travels to northern France. But the past is never easy to leave behind, and soon the nightmares begin to catch up with him. A chance encounter with a handsome local guy offers him the opportunity to finally banish the darkness once and for all - but first Antek has to jet him in.

BOOK QUEER by Meg-John Barker & Julia Scheele

... A Graphic History

Activist-academic Meg-John Barker and cartoonist Julia Scheele illuminate the histories of queer thought and LGBTQ-plus action in this groundbreaking non-fiction graphic novel From identity politics and gender roles to privilege and exclusion, Queer explores how we came to view sex. cender and sexuality in the ways that we do; how these ideas get tangled up with our culture and our understanding of biology, psychology and sexology; and how these views have been disputed and challenged Along the way the authors look at key landmarks which shift our persoective



of what's 'normal' - Alfred Kinsey's view of sexuality as a spectrum, Judith Butler's view of gendered behaviour as a performance, the play Wicked, or moments in Casino Royale when we're invited to view James Bond with the kind of desiring gaze usually directed at female bodies in mainstream media.

Presented in a brilliantly engaging and witty style, this is a unique portrait of the universe of queer thinking



MUSIC GLORY by Britney Spears

Multi-platinum, Grammy Award-winning pop icon Britney Spears is one of the most successful and celebrated entertainers in pop history, with nearly 100 million records sold worldwide. And now she's back with her ninth studio album, featuring the single, Make Me



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THIS MONTH'S HOT EVENTS & THINGS TO SEE AND DO



SUE PERKINS

Birmingham
Hippodrome,
until Sat 3

We're promised that Sue Perkins' Hippodrome show is not only 'packed full of sparkling wit and great stories' but also includes 'a user's guide to Mary Berry and the very best bits from Sue's hilarious best-se ling memoir, Spectacles'. Sue is best known for being one half of double act Mel and Sue. In 2008, she won BBC TV show Maestro, a victory that led to her picking up the baton and conducting at the Last Night Of The Proms.

September

She's also collaborated with food critic Giles Coren on the Supersizers series, created the acclaimed travet documentary The Mekong River With Sue Perkins and been a regular contributor on series including Have I Got News For You, Just A Minute, Qi and The News Quiz.

Oh, and apparently she does some cake show on BBC1



hotlist



JOAN COLLINS

Theatre Severn, Shrewsbury, Tues 13 September; Town Hall, Birmingham, Mon 26 September

Giobal superstar Joan Collins is visiting the Midlands this month as part of a tour of her brand new one-woman show, Unscripted

Joan's been a star for more years than she probably cares to remember. Her successful international career in both film and television reached its peak in the 1980s when she starred as Alexis Carrington in the hit US TV series Dynasty

"I so enjoyed my 10 years performing my previous onewoman show all over the world that I'm delighted to be doing an entirely new show," says Joan. "Each performance will be different, so if you liked me in Salford, come see me in Shrewsbury and Birmingham and if you don't, then stay at home and watch Corne."



New Alexandra Theatre,

New Alexandra Theatre, Birmingham, Mon 12 - Sat 17 September

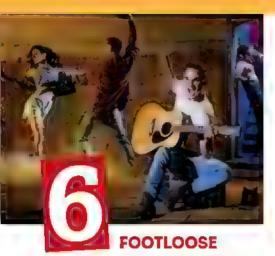
Alexandra Burke stars in this hit show, which is based on: the Whoopi Goldberg film of the same name and directed by Craig Revel Horwood. Packed to the rafters with songs inspired by Motown, funk soul and disco, Sister Act tells the story of disco diva Deloris Van Cartier: After witnessing a mus der, Deloris is put in protective custody by the police, in the one place they feel confident she won't be found - a convent. and disquised as a nun...

RUSS HOW Nothing Ive Pley house Mos. 19 Se

Playhouse Mon 19 September

According to this mother Busself Howard reveals, this comic tryle calls to mind a child telling people about his day at the zool

in felmose to the representation of the Briefol-bors furnished on the BBC Three IV series Fusion! Howerd: Sood News which he BBC Three IV series Fusion! Howerd: Sood News which his 2013 was hoted the charmer's mospopular ever programme. He's visiting better the month, as part of a Work in Progress for



Curve, Leicester, Mon 29 August - Fri 2 September

Kick off your Sunday shoes and cut loose as this explosive rock'n'roll musical bursts onto the Curve's stage - remastered and sure to get your toes tapping.

Based on the 1980s hit film of the same name, this musical version of Footloose stars Gareth Gates and Lee Brennan as Willard and Maureen Novan as Villagore.

Expect plenty of culting-edge choreography to accompany a soundtrack bursting with classic hits, including Holding Out For A Hero, Almost Paradise, Let's Hear It For The Boy and the unforgettable title track itself



CATS

Regent Theatre, Stoke-on-Trent, Mon 5 - Sat 10 September

A spectacular and captivating adaptation of TS Eliot's Old Possum's Book Of Practical Cats, this Andrew Lloyd Webber production has been performed in over 300 cities in more than 20 coun-

tries around the world

it's also widely considered to be the show that redefined the modern musical. In so doing, it paved the way for a seemingly reientless stream of blockbuster hits, gwng starring roles to Elaine Page, Sarah Brightman and Brian Blessed in the process.

All in all, then, one helluva theatrical expenence.



THEO & HUGO

Released Fri 9 September

Starring Geoffrey Couet, Francois Nambot. Directed by Olivier Ducastel, Jacques Martineau. (France)

Théo and Hugo encounter each other one night in a Pans sex club. Wanting to know more about one another they leave the club and drift down the deserted streets of the sleeping city. Suddenly, reality bites and they realise there are choices that need to be made. Will their trust be rewarded, they wonder And what are their expectations anyway?





AFFECTION

Stan's Café, Birmingham, Fri 30 September - Sat 1 October

This play is particularly relevant in light of the recent controversy surrounding PrEP and the NHS

Homophobia in the national press has recently hit the headlines as hard as it did back in the 1980s. This production seeks to tackle the issues head-on via a series of naturalistic scenes depicting characters negoti-

ating their lives, jobs and relationships with friends and lovers

The scenes, which are woven together using movement and film, see the LGBT cast expioning themes of stigma, shame, trumph, community and tope

The production follows extensive work with leading organisation Positive East to create a true picture of what it means to live with HW

WIN! A PUMP! Spring Break Jockstrap!



Playfully erotic and erotically stimulating, this Blue Steel Jock is the perfect late night staple that cozes a sporty sex appeal that will have your partner cravling more.

The royal navy cup and support strings contrast against its bold PUMPI waistband giving it a new-age style and flair Sexy and fun, it'll be hard to keep this bad boy from coming out to piay. In collaboration with PUMPI Underwear, we ve got a pair to give away to one lucky Midlands Zone reader! Enter at midlandszone co uk!

To onter this competition, simply visit midlandszone columbetors Friday 30 September





NAOMI SMALLS

RUPAUL'S DRAG RACE STAR AT BIRMINGHAM GAY CLUB

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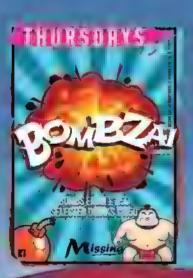
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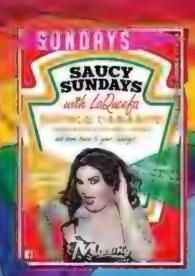














1 22 4256



Monthly **COMEDY TRIPLE TREAT** fun-fest debuts at Birmingham's award-winning Eden Bar







Popular Birmingham gay venue Eden Bar is set to play host to a monthly night of comedy.

The new event, named Comedy Triple Treat, is hosted by cabaret star Brenda LaBeau and will feature three comedians per show.

September's debut offering takes place on Thursday the 8th and sees Craig Deeley, Maureen Younger and Aaron Twitchen take to the stage.

So if you're in the market for an evening of mirth and merriment, this is your best bet!

THE + REPUBLICAN

Get set for the Nightingale's **NAOMI SMALLS** party!



If you're a fan of hit US TV show RuPaul's Drag Race, you'd best head down to Birmingham's Nightingale Club on Saturday 10 September.

Carrying on with its successful run of Drag Race acts, the venue hosts the debut Birmingham performance of Season Eight star Naomi Smars!

The RuPaul queens always go down a treat, so make sure you don't miss out!

THE RESIDENCE OF STREET, SANS

Brum men-only night **XXL** now featuring DJ Paul Morrell!

Men-only club night XXL returns to Birmingham this month - and it promises to be as good as ever!

Taking place on the third Friday of every month (16 September), the London club hight's Midlands event features new

resident DJ Paul Morrell playing the biggest hits and remixes to get the dancefloor packed

Oh, and if you fancy making your night out that little bit hotter, don't forget there's a dark room upstairs!

THE CORE - DIRMINGHAM



X Factor stars **REGGIE & BOLLIE** set to celebrate Wolves venue's birthday

Bosses at Wolverhampton's Gorgeous bar & club have announced that X Factor stars Reggle & Bollie will visit the venue at the beginning of next month. The talent-show finalists' live PA at the club takes place on Saturday 1 October Entry is only £1 before midnight, with drinks £1 until midnight.

With the nights drawing in, we reckon the boys and girls at Gorgeous have got it covered and will throw an epic night of music and partying!

GORGEOUS - WOLVERHAMPTON



BIRMINGHAM

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MINISTRY OF POUND with DJ Mike Emery from 9pm. Selected drinks £1 Open until 2am.

Maryanny Base

BINGO - Bingo with Queeny THE VILLAGE IN

SUGAR RUSH £2 entry Минитиваль Сции

MONDAY MADNESS . , H rys 1 . BAR JESTER DESTRUCTION OF VOIS st & 3rd M DER JUSTISS

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WEST MIDLAN

FABULOUS Featuring resident DJ Col. playing the best in chart hits. camp lunes and more...ive cabaret every 1st Monday of the month. Man 5 September - the return of fantastic cabaret from the one and only award-winning Drag With No Name! Free admission. before midnight and just £3 after C:21, SHREWSBURY

THE MONDAY CLUB - 9pm-5am -Student night. Everything is £2 (Shots £1) with DJ Lee Edward. GORGEOUS, WOLVERHAMPTON

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GET THE PARTY STARTED FIRE With Du Foxy [1 1

GOSS P. STOKE ON TRENT

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OPEN YOUR SNATCH - Songs, Games & Prizes with Miss Penny. THE WOLLDE INC.



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2 TILL 2 Open from 2pm file THE BOSTON, NORTHAMPTON CHILL BUT NIGHT F madricant. NEW FORESTERS. NOTTINGHAM

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September









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KARAOKE - 9pm til 3am. £2 drinks from 8pm til 11pm. Free Entry THE BOSTON, NORTHAMPTON

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September









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CHARLIE HIDES Thurs 29 September - The man of many characters returns to Eden Barl Enear

COMERY THIPLE THEAT - TOWNS IS September - Live comedy with Craig Deeley, Maureen Younger and Aaron Twitchen EDEN

CULT - Bringing dirty house back home. Top Floor from 10pm NICHTIMEALE CLOS

LA VOIX - Thurs 1 & 15 September -Britain's Got Taient semi-finalist live on stage at Eden!

I <3 THE 908 - From 8pm with DJ Dan. Doors open from 2pm. Perm

DRIENON LADEAU - TAKES & September - So popular last month she's back at Eden Barl Free

POUNDED - £5 entry Drinks from a £1 DJ Corey playing chart and dance on whilst Miss Marty and DJ Craig with all the pop and cheese

on the middle floor **МІЄНТІМЕЛЬЕ СШІ**

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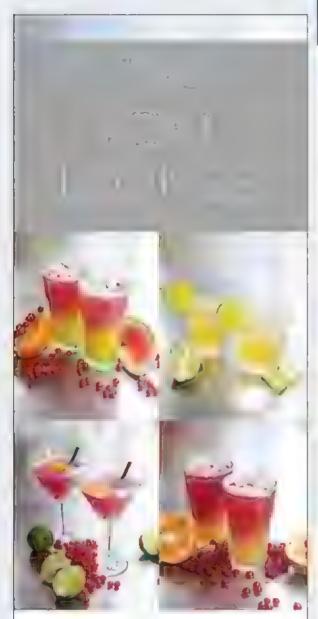
12.01 - with DJ James Leveti. Open from Midnight until 5am with drinks from £1

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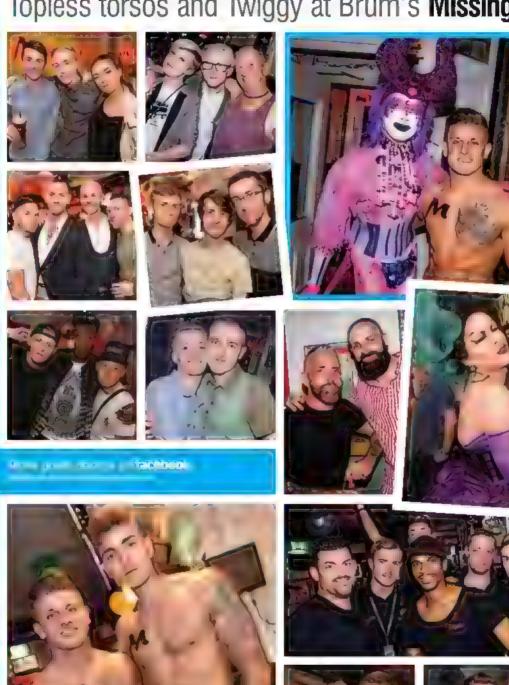
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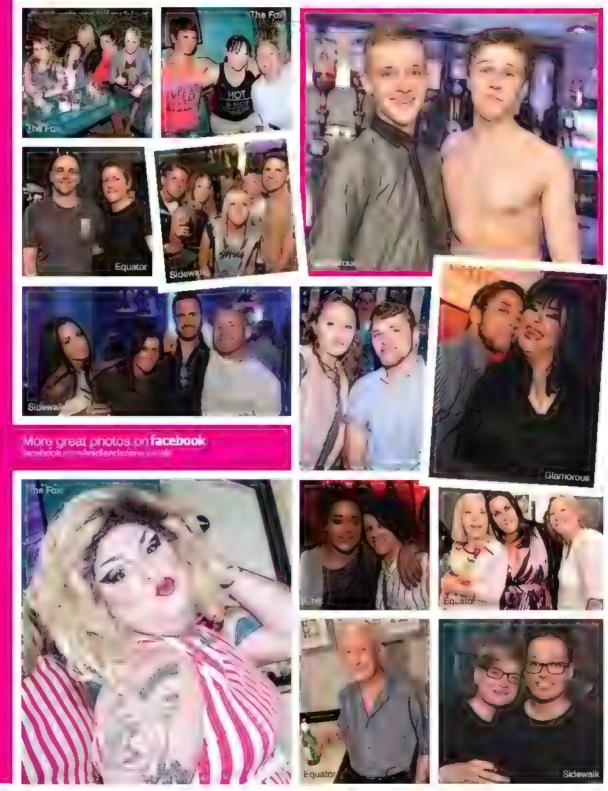


Topless torsos and Twiggy at Brum's Missing Bar!





Out and about in Birmingham's Gay Village!



OUT



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The Village Inn: The Brum bar with the best beats!





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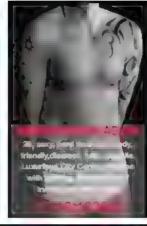


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THE LIFE OF A THIRTYSOMETHING GAY by Stephen Spinks

'Mirror, mirror on the wall...'

- "I look like a spud!"
- "A spud?!" I ask bemused.
- "A spud....a really fat spud!"

We laugh hysterically whilst stuffing our faces with Lindt chocolate and getting ready to settle down in our picnic chairs for the outdoor cinema night at our local National Trust property.

"I am, I'm so round," my mate says, popping another Lindt into his mouth, "I'm so fat."

Not feeling remotely competitive, we begin to compare our relative 'fatness', and after much fierce debate, concede that we both have grown a little bigger - although he is more round overall and therefore possibly more spud-like. We conclude that I have the worst kind of 'fatness'; tall and skinny but with a round, thirtysomething paunch and love handles developed through consuming too much wine, chocolate, M&S Dine In For £10 and general single-life decadence.

As we sat there watching the fabulous Maggie Smith in the film version of Alan Bennet's play, The Lady In The Van, we continued to work our way through our calorific picnic, drank all the wine (well, they were miniatures) and helped ourselves to tea and cake in the interval. Of course, the next day we worked through the leftovers too - "well, it would be a shame to waste them" - rather than throw them in the bin or give them to the homeless man who spends most of his time 'living' in the doorway of Body Shop in Stratford (or Jo Malone when he fancies a change).

By Sunday evening, sat on my own, popping a couple of Oreos whilst watching Penny Dreadful on Now TV, it occurred to me I'd fallen into a rut. I was marching headlong into a spud-filled future with the risk that, once there, I would end up like one of those bad Channel Five documentaries I'm always too scared to watch. You know the ones, about people so big, they have to get their houses knocked down just so that they can get out for their gastric band surgery...

I realised I felt like shit.

The next day, I did what I always do in moments of self-induced crisis... went shopping. While flicking through the beautifully merchandised racks in Cos, I was presented with a much-needed, endorphin-inducing gift to ease my pain - an emerald green autumnal jumper and a pair of gorgeous new jeans. Picking up my usual size small and waist 32", I parted with my cash, celebrated with a latte and eventually made it home to try on my new-found goodies. Only this time, I found

myself doing an Edina Monsoon, as I shimmed into the clothes. The top felt like a corset and the leans only did up if I stopped breathing altogether. As if in a state of confusion, I headed for the mirror, seeking an explanation for this unplanned irritation, It felt like that moment when, after years of looking fabulous, the voice behind the looking glass fesses up to the queen and promptly informs her with brutal honesty that Snow White is now the fairest one of all, and that the queen is to be thrown onto the dustbin heap of beauties and consigned to a life of Oreo-eating loneliness. Well, you get my drift! Anyway, much like in that land Far Far Away, this queen was not taking it lying down!

I dusted off my running shoes, dug out my expandable joggers and waddled down the Stratford Greenway feeling like a beached whale, with all the bits that shouldn't be moving wobbling in tandem, as if heralding to any unfortunate passer-by that clearly I am an ashamed over-eater who should be beaten with sticks. I was Cerise Lannister holding my head up high to cries of 'shame'. But in that moment, it dawned on me (between gasping for breaths) that unlike some people with medical problems, low self-esteem or dodgy genes, I couldn't pin my sudden 'growth spurt on anything other than myself. My genes are okay as far as I know, and from my last Wellman check-up all was tickety-boo. No. I realised it had become all too easy to reach out for the biscuits and that tasty triple mud chocolate M&S dessert... or two. But how could I have got myself out of shape so

Then I blamed being single. Naturally, there was no one at home to stop me stuffing my face. Yet that only made me more ashamed. I realised simply that I had abdicated my own adult responsibilities - and not for the first time. I put all those delicious goodies in my mouth and no one could have stopped me. Nor did anyone have the right to tell me to stop. It was my fault and I needed to grow up and do something about it.

So, much like a sulking teenager, I have continued to run, now without shouts of shame, and tweaked my diet and reduced my portion sizes. I've even rediscovered the dinner table and given the sofa a break. But as my weight starts to strip away - as I keep that beautiful green jumper firmly in my sights - I still wonder if this is the start of a new chapter, or merely a temporary respite in a life of growing decadence where it's all too easy to go astray.

ONTHEBALL with Steve Ball

Better out than in



On a family holiday in Mallorca last month, my husband and I, along with my gay brother and his partner, were presented with a cake respiendent with candles and iced lettering spelling out Happy Gay Uncles Day. It was a lovely surprise from two of our nieces, greeted with applause from the rest of the family.

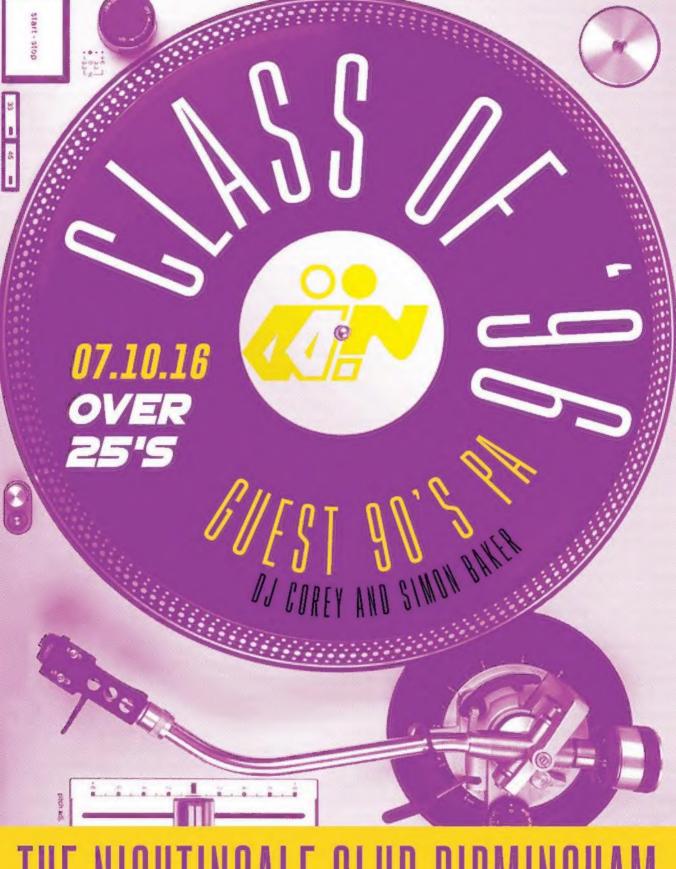
How times have changed, both in my own family and in society at large. Thirty years ago, my sexuality would never have been discussed or even acknowledged in front of the children. In 1988, the Tory government feit the same, using Section 28 to prohibit local authorities from promoting homosexuality or gay 'pretended family relationships'.

In a huge step that shows just how far we've all moved on, Justine Greening, the Conservative Education Secretary with responsibility for schools across the country, used Twitter to announce, on the same day as London Pride, that she's in a same-sex relationship, and that "Sometimes, you're better off out". She has joined 35 other MPs and peers in making the UK Parliament the gayest in the world.

Yet despite this progress, many LGBT people remain in the closet, wary of the reactions they will provoke if they do come out. Some of them fear hostile responses from their families or employers, but many lack the confidence in themselves to let the world know who they really are.

Gay Uncles Day is just one way of making it easier to come out, and to make us more visible and confident amongst our loved ones. It could also help society and ourselves be more comfortable with who we really are.





THE NIGHTINGALE CLUB BIRMINGHAM